

Hoover

April 2016

New Horizons

SENIORS STAYING INVOLVED WITH LIFE

Staff

Dana Stewart
Senior Center Manager
444-7884
stewartd@ci.hoover.al.us

Tracy Vinzant
Event Coordinator
739-6767
vinzantt@ci.hoover.al.us

Rachel Laber
Class Coordinator
739-6700
laberr@ci.hoover.al.us

Leigh Ann Werszner
Nutrition Program Coordinator
739-6700
wersznerl@ci.hoover.al.us

Scott Gloor
Welcome Desk
739-6700
gloors@ci.hoover.al.us

Membership Fees
Hoover Residents
55+ \$10 annually
(For further pricing information,
please call)

Info Line
For updates on
Horizons Activities
call: 205-444-7791

Program...

Tuesday, April 26, 2016

11:00AM

Red Mountain



Red Mountain plays good-time old-time string band music. At festivals and clubs you'll hear them perform high-energy dance tunes, old-timey blues and songs from the earliest days of country music. You'll likely hear accidental humor as well.

They learned many of their tunes from older fiddlers in Alabama and

Tennessee, and they play in a style that reflects the region in which they live.

The members of Red Mountain this year are celebrating 30 years together as a band. Though they have never considered themselves professional musicians their music has garnered invitations to festivals and venues all over the country and even Guatemala. In Birmingham you can hear them play for dances at the YWCA downtown and on occasional Saturday mornings at Pepper Place Farmers Market.

Folks often describe Red Mountain as a wall of sound. Components of this sound are fiddle by Jim Cauthen, guitar by Joyce Cauthen, mandolin by Phil Foster, harmonica and banjo by Jamie Finley, and bass by Nancy Jackson.

MENU

Roasted Pork Loin
w/Barbecue
Cranberry Sauce
Macaroni and Cheese
Grilled Vegetables
Roll
Brownie Sandwich
Coffee and Tea
Caterer:
All Around Town Catering

Reservation Deadline

Friday,
April 22 2016
1:00 P.M.

Cost: \$10.00

ALL PAYMENTS
received (including
mailed checks)
after this date/time
will be returned.
Limit to 150 guests
(or until capacity is reached)

Make check payable to:
Hoover New Horizons

Mail to:
400 Municipal Drive
Hoover, AL 35216
or hand deliver
to facility

MISSION STATEMENT

The Hoover Senior Center exists as a partnership to serve and empower senior adults by providing a variety of opportunities that promote quality of life through social engagement, physical well-being, community involvement, creativity, and life-long learning.

VISION STATEMENT

The Hoover Senior Center will be recognized as a model for excellence in providing opportunities, programs, and services for older adults. Through a dedicated team, we commit to enriching the lives of seniors as we serve and empower them in a positive and safe environment.



HOOVER EXPRESS

PURPOSE: TO PROVIDE TRANSPORTATION TO DOCTOR APPOINTMENTS, SHOPPING AND ERRANDS FOR THE CITIZENS OF HOOVER 55 YEARS OF AGE AND OVER THAT ARE UNABLE TO PROVIDE TRANSPORTATION OF THEIR OWN.

You must be a member of the Hoover New Horizons to use this service. Hoover New Horizons Membership Fee: \$10.00 (must be a Hoover Resident)

TUESDAYS AND THURSDAYS:

Doctors' offices and hospitals

MONDAYS AND WEDNESDAYS:

Errands in Hoover only. (Examples: beauty shops, Galleria, grocery stores, etc.)

EXPRESS RIDERS:

Please leave the day and time of the appointment along with your name, address and phone number on Tracy's voicemail. Please specify in your voicemail message if you have any equipment you will be bringing, such as a walker.

If you are calling for a doctor's appointment please leave the number of the doctor's office as well. If you would like a ride, please call Tracy at 739-6767 to make an appointment.

THE HOOVER EXPRESS DOES NOT OPERATE ON HOLIDAYS.

Please see your Express brochure for procedures regarding appointments around holidays.

Call Fridays from 8:00AM-10:00AM for Monday appointments. Call Mondays from 8:00AM-10:00AM

for Tuesday through Thursday appointments. Space is limited, so call as early as possible.

**TO INQUIRE ABOUT THIS SERVICE
PLEASE CALL TRACY AT 739-6767!**

2016 HOOVER NEW HORIZONS ADVISORY BOARD



Top left to right:

Odessa Usher, Paul Brown, Donna Thompson,
Jim Langley, Dan Phifer, Ray Dugas, Miriam, Roberts

Bottom left to right:

Harriet McQueen, Francine Pearson

APRIL ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Lunch Served at 11:30AM Limited meals! Sign up begins at 8:00AM First come, First serve Suggested Donation: \$1.50 Pick up menu at Hoover Senior Center				1 Art Class-8:15 Exercise II-9:00 The Friday Game-10:00 Exercise I-10:30 Open Bridge-11:30
4 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 Chair Yoga-12:15 Zumba Gold-1:30	5 Advanced Yoga-8:30 Beginning Yoga-10:00 Chess Group-10:00 Chess Class-12:00 Ballroom Dancing-1:30	6 Pilates-8:15 Line Dancing-9:15 Beg. Line Dancing-9:15 Adv. Line Dance-10:15 Exercise I-10:30 Canasta-12:00 Computer Class-12:00 Mahjong-12:00 Speaker-12:15 Zumba Gold-1:30	7 Advanced Yoga-8:30 Pokeno-10:00 TBS Exercise-10:30 Birthday Bash-12:15 Watercolor-1:00 Line Dancing-2:00 Crochet-2:00	8 Art Class-8:15 Exercise II-9:00 Exercise I-10:30 Open Bridge-11:30 Movie Matinee-12:00
11 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 BP Checks-12:15 Chair Yoga-12:15 Zumba Gold-1:30	12 Advanced Yoga-8:30 Beginning Yoga-10:00 Board Meeting-10:00 Chess Group-10:00 Chess Class-12:00 New Member Orientation-1:00 Ballroom Dancing-1:30	13 Pilates-8:15 Line Dancing-9:15 Beg. Line Dancing-9:15 Book Club-9:30 Adv. Line Dance-10:15 Exercise I-10:30 Canasta-12:00 Computer Class-12:00 Mahjong-12:00 Zumba Gold-1:30	14 Advanced Yoga-8:30 TBS Exercise-10:30 Lunch Bunch-11:00 Bingo w/Walgreens-12:15 Watercolor-1:00 Line Dancing-2:00 Crochet-2:00	15 Art Class-8:15 Exercise II-9:00 The Friday Game-10:00 Exercise I-10:30 Open Bridge-11:30 AARP Driving Course- 8:30-3:00 (pre-registration required)
18 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 NO YOGA Zumba Gold-1:30	19 NO YOGA Chess Group-10:00 Chess Class-12:00 Ballroom Dancing-1:30 Lunch and Learn-12:00 (pre-registration was required)	20 Pilates-8:15 Line Dancing-9:15 Beg. Line Dancing-9:15 Pokeno-10:00 Adv. Line Dance-10:15 Exercise I-10:30 Canasta-12:00 Computer Class-12:00 Mahjong-12:00 Zumba Gold-1:30	21 NO YOGA TBS Exercise-10:30 Watercolor-1:00 Line Dancing-2:00 Crochet-2:00	22 Art Class-8:15 Exercise II-9:00 Exercise I-10:30 Open Bridge-11:30 Game Day HNH Reservation Deadline-1:00
25 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 BP Checks-12:15 NO YOGA NO ZUMBA Luncheon Set Up-1:30	26 NO YOGA Chess Group-10:00 Chess Class-12:00 Ballroom Dancing-1:30 HNH Luncheon-11:00	27 Pilates-8:15 Line Dancing-9:15 Beg. Line Dancing-9:15 Adv. Line Dance-10:15 Exercise I-10:30 Canasta-12:00 Computer Class-12:00 Mahjong-12:00 Zumba Gold-1:30	28 NO YOGA TBS Exercise-10:30 Bingo w/Choice Senior Care-12:15 Watercolor-1:00 Line Dancing-2:00 Crochet-2:00	29 Art Class-8:15 Exercise II-9:00 Pokeno-10:00 Exercise I-10:30 Open Bridge-11:30

ACTIVITIES CLASSES & WORKSHOPS

Advanced Line Dancing

For all those avid line dancers out there, this might just be for you. Join this small group of other dancers as they perfect familiar dances and try out new advanced moves! This group, led by Barbara Traywick and Beverly Strong, meets Wednesdays at 10:15 in the Creative Arts Room. Space is limited. A \$4.00 donation is requested.

Advanced Yoga

This form of Yoga is a continuation of Beginning Yoga. Advanced Yoga focuses on more intense breathing, stretching and coordination exercises. The class is held on Tuesdays (except the 4th Tuesday) and Thursdays at 8:30AM unless otherwise specified in calendar. Yoga mat required.

Ballroom Dancing w/Sterling Burroughs

Ballroom Dancing instruction is held Tuesdays at 1:30PM-2:00PM and open dance lasts until 2:30PM.

Beginning Yoga

This class is held on Tuesday's at 10:00AM (except the 4th Tuesdays.) Join instructor Carol Byrd as she introduces you to breathing, stretching and coordination exercises. Yoga mat required

Bingo

Bingo is now on the 2nd and 4th Thursday at 12:15PM
UNLESS otherwise specified in the Activities Calendar at the Senior Center.

Blood Pressure Checks

These are the 2nd & 4th Mondays at 12:15PM. Our free blood pressure checks are given by our EMS officers at the above times. (Dates are subject change due to their schedules.)

Book Club

This month's book is going to be *A Crack In The Edge Of The World* by Simon Winchester. This group will be meeting Wednesday, April 13th from 9:30AM-11:00AM.

Bridge

Please call Nancy Moore at 979-5116. This is a closed group; however, call Nancy to be added to the sub list. This group meets Mondays at 9:30.

Bridge-Open Group

Experienced, Intermediate and Beginners are all welcome. No registration required. All you have to do is show up and have fun! This group meets every Friday from 11:30AM until 3:00 PM.

Canasta

The samba version of Canasta is played with three decks of cards and a tray. The game is best played with 3 or 4 players. This is an uncomplicated card game so come join in every Monday and Wednesday at Noon in the Lounge.

Cards

Join fellow members as they play a variety of card games on Mondays and Wednesdays at Noon.

Chair Yoga

This class is held on Mondays at 12:15PM and taught by Carol Byrd. Chair Yoga has many benefits such as increasing flexibility, strength and energy as well as improving memory and coordination. This exercise is accessible for all.

Chess Group/Class

Chess is universally proven as an EXCELLENT way to develop the cognitive abilities. John Hodnett, Senior Center volunteer coordinator of this class along with instructor, Balagee Govindan are willing to get you well on your way. Play begins at 10:00AM on Tuesdays and the class is held from 12:00 Noon to 1:00PM.

Computer Class

Volunteer Jerome Safer will be available to answer your computer questions on Wednesdays at 12:00 NOON. To make an appointment with him please call 222-0247.

Crocheting

This class is Thursdays at 2:00PM. Join Helen Tankersley as she guides you through the art of crocheting. Please provide your own materials for this class. Students will need to bring a crochet hook size (G, H, or J) and some light colored yarn.

Drawing and Creative Arts with Lana

This class will be held on Fridays from 8:15AM-10:15AM.

Art is for everyone... Painting and drawing is a beautiful way of expressing yourself and creating memories. We can see the beauty and creative ideas in anything! Usually, in everyday life, we don't pay attention to the little things that may be important. If we did, we could see more meaning in many things. That's what art is about – how we can see things. I hope that our class will be an exciting adventure where we will create a variety of drawing for yourself and loved ones.

Exercise I (Gentle Aerobics)

led by Sally Doak, is offered on Mondays, Wednesdays and Fridays at 10:30 AM. This class features stretching exercises, low impact aerobics and chair exercises while using exercise bands. Participants are encouraged to wear tennis shoes/or non-slick bottomed shoes in the exercise classes.
(NO ADMITTANCE ONCE DOORS CLOSE)

ACTIVITIES CLASSES & WORKSHOPS

Exercise II (Aerobics Plus)

This class is led by Kathy Kaimanesh and is offered on Mondays and Fridays at 9:00 AM. This class offers variations of low/high impact aerobics, body sculpting with free weights/exercise bands and floor exercises. Participants are required to bring a mat and wear tennis shoes/or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCE ONCE DOORS CLOSE)

*If you are a new participant you must meet with the instructor prior to the class beginning to go through an orientation.

Knit Wits

Knitting classes are held on Mondays from 10:00AM– 12:00PM. Members can hone their skills and learn new ones. Francine Pearson is the instructor.

Lunch Bunch

Lunch Bunch is a fun way to socialize with others by dining out once a month at various restaurants in the area. This month they will be Thursday, April 14th at Brio's. Please arrive at the Center at 10:45AM. We will depart at 11:00AM. The cost is \$2.00 upon departure from the Senior Center. Sign up in the Horizons Office of the Hoover Senior Center beginning beginning Tuesday, March 22nd. For any other information, call Betty Kuykendall at 979-0742 or Merry Gordon Jones at 428-1331.

Mahjong

This game is of Chinese origin played with tiles resembling dominoes and bearing various designs. This game is commonly played with four players and is similar to rummy. Mahjong will be taught on Wednesdays at 12:00PM. Please contact coordinator Cecily Chaney at 631-6361 with questions

Phone Smarts 101

By appointment only.

Volunteer Abbie Daniel will be here to help tutor you in a one-on-one lesson on how the basics of ipads/iphones. Please make an appointment by calling 739-6700. When making an appointment please indicate the type of device you have as well as leave an email address and any specific questions you may have.

Pilates

This class is led by Kathy Kaimanesh and is offered Wednesdays at 8:15AM. Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. Exercise mat and pilates ring required.

*If you are a new participant you must meet with the instructor prior to the class beginning to go through an orientation.

Pokeno

Move over Bridge--a new home party game has taken center stage. A combination of cards and Bingo, Pokeno is perfect for young and old. Pokeno is being played the 1st Thursday and 3rd Wednesday of the month from 10:00 AM-12:30 PM as well as the 2nd and 4th Friday of the month.

SONGBIRDS

This group led by Inez Saia performs familiar songs at many surrounding nursing homes and assisted living facilities.

Thursday Line Dancing

Join Barbara Traywick on Thursdays at 2:00PM for a fun filled afternoon of dancing and fellowship. A \$4.00 donation is requested.

Toning Balance and Strength (T.B.S)Exercise

This intermediate class for various levels of ability will be led by Kathy Kamanish Thursdays at 10:30AM in the Auditorium. (NO ADMITTANCE ONCE DOORS CLOSE)

Watercolor Group

This club meets on Thursdays at 1:00 PM as a group only. (No instruction is included)

Wednesday Line Dancing

This class is led by Barbara Traywick. In addition to learning the dances, everyone is getting a great workout. Join in the fun at our new time on Wednesdays at 9:15 AM. A \$4.00 donation is requested.

Zumba Gold

Join us as we exercise to video routines of former instructor Elizabeth Onia. We project her teaching our class on the big screen in the gym and invite all to join us at no charge. Zumba Gold dance routines are designed for beginners and older adults using modified movements. It is a great workout and lots of fun! We meet Mondays and Wednesdays at 1:30 PM unless specified on the calendar. Come and check out this class in the new year. If you have questions about the class, call Jen Eubanks at 988-0897.

THIS MONTH

...at the Senior Center



LIFE DURING THE CIVIL WAR WEDNESDAY, APRIL 6, 2016 12:15PM

Professor Emeritus of History, Dr. Guy Hubbs will be speaking about Life During the Civil War in Conjunction with the Big Read. Each guest will receive a copy of the poems of Emily Dickinson. This program is sponsored by Birmingham Southern College.

Movie Matinee Friday, April 8, 2016 12:00NOON

Sponsored by the Oaks at Parkwood
Sign up by calling 739-6700 or at the Welcome Desk



Lunch and Learn Tuesday, April 19, 2016 12:00NOON

Topic: Dr. James Isobe will be speaking on
"All you want to know about leg veins."
SPACE IS LIMITED
Sponsored by Brookwood

Game Day

Friday, April 22nd at 10:00

Tournaments will include:
Billiards, Chess, Poker, Table Tennis
You may participate in one tournament only
Please sign up at the front desk
SPACE IS LIMITED
Sponsored by Galleria Woods and Walgreens

AARP Defensive Driving Course Friday, April 15, 2016 8:30AM-3:00PM

Cost: \$15 for AARP Members

\$20 for Non-AARP Members

Sign up at the front desk, and bring your money
the day of the course. Space is limited.

Monthly Birthday Bash

Sponsored by Amedisys Hospice

If your birthday falls during this month, please join us to celebrate you! Anyone can join in the festivities. These functions will be held the first Thursday of each month at 12:30PM.

New Member Orientation

Are you interested in finding out more about Hoover New Horizons and the Senior Center? If so, please join us for this information session. These sessions will be held on the second Tuesday of the month at 1:00PM unless otherwise specified on the calendar.

TRIPS & TOURS

Coffee Concerts ASO at

Alys Stephens Center

Beethoven's Fifth Symphony April 15

COST: \$10 DUE APRIL 1

Sarah Hicks Conducts Brahms May 13

COST: \$10 DUE APRIL 29

Depart Hoover Senior Center 10:00 a.m.
(LUNCH NOT INCLUDED)

Aldridge Gardens Hydrangea Tour

May 19, 2016

Depart Hoover Senior Center 10:30 a.m.

COST: \$20 DUE MAY 5TH PICNIC

LUNCH INCLUDED

CONTACT JIM LANGLEY 980-1827

Red Mountain Park Historical Tour

Multiple Dates April 22nd,

May 19th 1:00 p.m.

Minimal Walking, No Fee, must arrange
own transportation to Park

SIGN-UP AT HOOVER SENIOR CENTER

OR CONTACT JIM LANGLEY 980-1827

Pigeon Forge & Smokey Mountain Show Trip August 15-19, 2016

COST: \$499 DEPOSIT: \$75 DUE APRIL 15

CONTACT JIM LANGLEY 980-1827

TITANIC, SOUL OF MOTOWN,
AMERICA'S HIT PARADE, HATFIELD-MCCOYS,
SMOKY MOUNTAIN OPRY,
SMITH VARIETY, TOUR GATLINGBURG &
SMOKY MOUNTAINS

November 28-30, 2016 Charleston Festival of Lights

COST: \$449 DEPOSIT: \$50 DUE AUGUST 25

CHRISTMAS LIGHT EXTRAVAGANZA ON
JAMES ISLAND, TOUR OF CHARLESTON

CONTACT JIM LANGLEY 980-1827

Announcements

We are beginning to collect member emails for the purpose of sending out weekly event reminders or any information regarding closings etc. Next time you are in the facility if you would stop by the welcome desk or you can electronically send it to gloors@ci.hoover.al.us

TENTATIVE TRIPS

OAK HILL CEMETERY TOUR

Tentative May 5 Depart Hoover Senior Center 9:00 a.m.

COST: \$15 DUE APRIL 15TH

(INCLUDES GUIDEBOOK, LUNCH NOT INCLUDED)

CONTACT JIM LANGLEY 980-1827

BIRMINGHAM HISTORY TOUR

Tentative May 26 Depart Hoover Senior Center 9:00 a.m.

COST: \$15 DUE MAY 12TH

(INCLUDES GUIDEBOOK, LUNCH NOT INCLUDED)

CONTACT JIM LANGLEY 980-1827

*** PLEASE CONTACT TRIP HOST FOR DETAILS SUCH AS TIME AND PLACE OF DEPARTURE.

Hoover Senior Center
400 Municipal Drive
Hoover, AL 35216

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